

A physician's picks for sun care,
skincare, and anti-aging **PAGE 12**

CURRENTS

The best of the coast this month

Hello, Sunshine!

Our panel of experts reveals the season's best beauty buys for healthy hair, radiant skin, and a springtime glow



JESSICA SAMPLE

BETTER BEACH HAIR

John Frieda Beach Blonde Smooth Seas Detangling Conditioner, \$10; johnfrieda.com for retailers



Klorane Shampoo with Chamomile, \$20 (13.5 fl. oz.); kloraneusa.com



KEVIN.MURPHY SHIMMER.SHINE, \$28; kevinmurphy.com.au for salon locations



Rahua Color Full Shampoo, \$38; rahua.com



Kristin Ess Instant Lift Thickening Spray, \$14; kristinesshair.com



HEAT IS HARD ON HAIR. CONDITIONING TREATMENTS RESTORE MOISTURE



ECOCOCO Hydrating Hair Treatment, \$28; ecococo.com.au



"Mix Himalayan pink sea salt with water, mist onto wet hair, and let dry to create beachy waves"

—DR. HESKETT

STEPHEN DEVRIES; PORTRAITS, FROM LEFT: KRISTIN ESS, DR. JAMÉ HESKETT, STREETERS

THE EXPERTS

These pros know all the beachy beauty tricks



KRISTIN ESS celebrity hairstylist, colorist, and developer of Kristin Ess hair products @kristin_ess



DR. JAMÉ HESKETT, M.D. physician, global expert on aging and longevity, and author of *The Well Path* @drheskett



WENDY ROWE international makeup artist for Streeters, artistic consultant for Burberry Beauty, and author of *Eat Beautiful* @wendyrowe

COLORFUL COSMETICS

NARS Cosmetics Shimmer Eyeshadow in 413 BLKR, \$26; narscosmetics.com



BLEND IN LIGHTLY FOR A HINT OF COLOR, OR LAYER ON FOR DRAMA

La Bouche Rouge Lipstick in Pop Art Red, \$157; laboucherouge.paris.com



"There's a shade to suit anyone, but Pop Art Red works for everyone. And they're plastic-free, which is good for our oceans, too."
—WENDY ROWE

MAKE Beauty Satin Finish Powder Blush in Geisha, \$25; makebeauty.com



BLUE IS BACK! TRY IT AS A DAY-TIME ALTERNATIVE TO A HEAVIER BLACK LINER



JINsoon Nail Polish in Keppel, \$18; jinsoon.com



LANOLIN'S HYDRATING SUPERPOWERS ARE A MUST FOR A DAY IN THE SUN



Stila Cosmetics Stay All Day Waterproof Liquid Eye Liner in Cobalt, \$22; sephora.com

côte Nail Polish in No. 83, \$18; cotesshop.co

ROBBIE CAPONETTO

CURRENTS

"Most creams use just one anti-aging mechanism, but this one has a four-pronged approach. Wear it overnight, when your body will be starting all of its repair processes."

—DR. HESKETT

MDSolarSciences Mineral Crème SPF 50, \$30 (1.7 oz.); mdsolar.com



HydroPeptide Nimni Cream, \$220 (1.7 oz.); hydropeptide.com



O.R.G Skincare Mineral Peel Face, \$25; orgskincare.com



SNACKS LIKE CUCUMBER OR WATERMELON HYDRATE YOUR SKIN FROM THE INSIDE OUT



SKINCARE SECRET WEAPONS

Obagi Medical Hydrate Facial Moisturizer, pricing available upon request; obagi.com for physician locations



"I like that it doesn't irritate my skin or clog my pores like other moisturizers sometimes do."

—WENDY ROWE

FACE Stockholm Aloe Vera Cream, \$32; facestockholm.com



SUNSCREEN FIRST! BUT IF YOU DO BURN, ALOE AND VITAMIN E OFFER RELIEF

REN Evercalm Gentle Cleansing Milk, \$28; sephora.com



MIX WITH COCONUT OIL TO INVIGORATE AND REFRESH DULL SKIN



Samudra Skin + Sea Wild Seaweed Clay Mask, \$28; samudra.com

DR. JAMÉ HESKETT'S SUN PROTECTION CHECKLIST

1. Apply sunscreen at home, before you put your bathing suit on, to ensure even coverage and no missed spots.
2. Remember the two most often forgotten areas: your feet and scalp (a good excuse to buy a great hat).
3. Enjoy the beach from under an umbrella—you're exposed to radiation even when wearing sunscreen.
4. Wear a shirt with SPF for extra protection on the water, because the ocean reflects the sun's rays.
5. Pop an ibuprofen as soon as you realize you have a sunburn; it will stop the burn from progressing.

ROBBIE CAPONETTO

"This tint is very lightweight and sheer. If you have good skin, embrace it and show it off; never mask it!"

—WENDY ROWE



Glossier Perfecting Skin Tint, \$26; glossier.com

BRIGHTENS SKIN AND MINIMIZES FINE LINES

Thank You Farmer Sun Project Shimmer Sun Essence, \$27; nigelbeauty.com



MAKE Beauty Skin Illuminator in Liós, \$34; makebeauty.com

FRESH-FACED FAVORITES



RMS Beauty Living Luminizer, \$38; rmsbeauty.com

COOLA Face SPF 30 Rosilliance BB+ Cream in Golden, \$52; coolasuncare.com



Sephora Collection Colorful Shadow & Liner in Beige, \$14; sephora.com

CAMOUFLAGES IMPERFECTIONS, WITH A TOUCH OF TINT FOR RADIANCE

GIVES SKIN A NATURALLY SUN-KISSED, LUMINOUS LOOK



MAC Cosmetics Mineralize Skinfinish in Cheeky Bronze, \$34; maccosmetics.com

ROBBIE CAPONETTO